



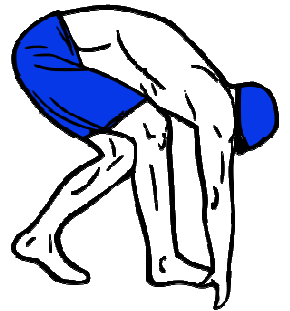
# Master Swimming



Have a great time learning how to swim more efficiently!

## Some of the Benefits of the Masters Swimming program:

- ✧ Make new friends with similar interests!
- ✧ Low impact & great way to stay in shape!
- ✧ Receive quality instruction on swimming technique and improve your strokes!
- ✧ Great for getting ready for that next triathlon!



**Informational meeting – Monday March 21<sup>st</sup> at 5:30 pm, BHRC**

**First Practice: Tuesday, April 5 @ 7:00pm!**

## Swim Days and Times:

Tuesday and Thursday evenings from 7 to 8:30 pm

Saturday mornings 8 to 9:30 am.

Cost: \$30.00 per month, register at the front desk on or before April 4, 2016.

***Pre-reqs:*** Participants should have an understanding of the basic strokes and be able to swim for approximately 30 minutes, and all skill levels welcome! Ages 16 & up! Not sure if it's right for you? Come in for a free practice/evaluation and try it out!

Coach Rod Grills has been teaching competitive swimming for the past 3 years. He has instructed all levels, beginner through advanced swimmers, on all of the competitive strokes. He also serves the BHRC as a part time Lead Lifeguard and Swimming Lesson instructor.